

Rajasthan Public Service Commission, Ajmer

Deputy Jailor Competitive Examination-2024

शारीरिक दक्षता परीक्षा हेतु मापदण्ड एवं अंक निर्धारण

Male Candidate

S.No.	Item	मापदण्ड	
		Time	Marks
1.	100 meter race OR Walk and run for 3 miles or 4828.03 Meters	14.5 Seconds	20
		15.5 Seconds	17
		16.5 Seconds	10
		Beyond 16.5 Seconds	Zero
		20 Minutes	20
		Above and upto 25 Minutes	17
		Above 35 Minutes and upto 40 Minutes	10
		Beyond 40 Minutes	Zero
2.	Long Jump	15 feet and above for every foot or fraction thereof below 15 feet one marks will be deducted	20
		below 13 feet	Zero
3.	Chinning up 1. This is heaving on the beam over hand and at one time OR 2. Carrying weight (equal to ones weight)	7 Heaves	20
		6 Heaves	17
		5 Heaves	10
		Below 5 Heaves	Zero
		400 yards or above	20
		Between 300 yards to 400 yards	17
4.	<u>Dands or Baithaks</u> 50 Dands PT type OR 50 Baithaks	2.5 Minutes	20
		55 Seconds	
		Between 45 to 50 Dands or Baithaks	17
		Between 40 to 45 Dands or Baithaks	10
5.	Ball throw (Cricket) (Three chances only)	Below 40 Dands or Baithaks	Zero
		200 Feet	20
		Between 180 to 200 Feet	15
		Between 160 to 180 Feet	10
		Below 160 Feet	Zero

Female Candidate

S.No.	Item	मापदण्ड	
		Time	Marks
1.	100 meter race	17 Seconds	20
		18 Seconds	17
		19 Seconds	10
		Beyond 19 Seconds	Zero
2.	High Jump	03 feet 06 inches (106.68 cm)	20
		03 feet	17
		02 feet 06 inches	10
		Below 02 feet 06 inches	Zero
3.	Long Jump	10 feet (3.5 Meters)	20
		09 feet	17
		08 feet	10
		below 08 feet	Zero
4.	Putting in Shot	16 feet (4.88 Meters)	20
		15 feet	17
		14 feet	10
		Below 14 feet	Zero
5.	200 Meter Run	36 Seconds	20
		38 Seconds	17
		40 Seconds	10
		More than 40 Seconds	Zero